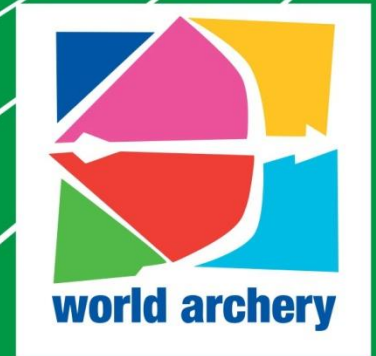


# VII WORLD ARCHERY COACHING SEMINAR

FUENGIROLA - SPAIN - SEPTEMBER 30<sup>TH</sup> TO OCTOBER 3<sup>RD</sup>



PARTNERS



Hotel  
Las Palmeras  
Fuengirola

fuengirola  
de moda



# VII COACHING SEMINAR FUENGIROLA 2015



## GENERAL INFORMATION

**LEVEL:** INTERMEDIATE & HIGH LEVEL COACHES  
**LANGUAGE:** ENGLISH & SPANISH  
ENGLISH – SPANISH - ENGLISH TRANSLATION SERVICES WILL BE PROVIDED

**REGISTRATION FEE:** 200,00€  
INCLUDING TRANSPORTATION, SOCIAL PROGRAMME, GOODY BAG AND  
COFFEE BREAKS

**REGISTRATION DEADLINE:** AUGUST 31<sup>ST</sup>, 2015

**PLACES:** UNLIMITED  
PRIORITY TO REGISTRATIONS ENDORSED BY THE WA MEMBER  
ASSOCIATION AND THE PRE-PAID ONES.

# VII COACHING SEMINAR FUENGIROLA 2015



## OVERALL SCHEDULE

SEP 29<sup>th</sup>: ARRIVALS & REGISTRATION

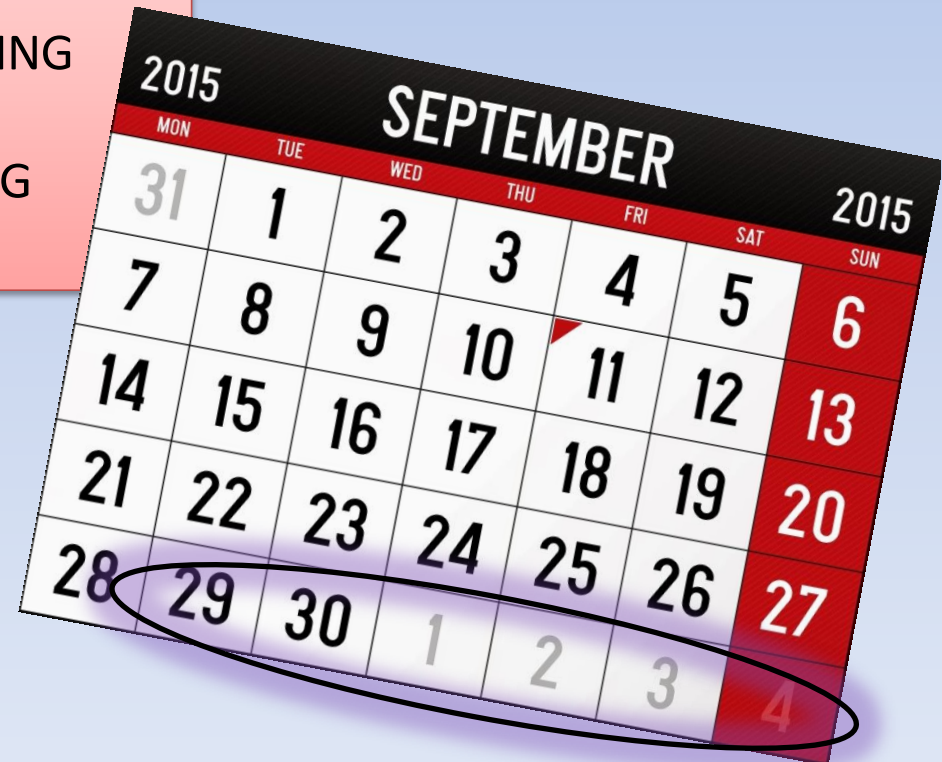
SEP 30<sup>th</sup>: OPENING & SESSIONS 1 to 4

OCT 1<sup>st</sup>: SESSIONS 5 AND 6 & SIGHTSEEING

OCT 2<sup>nd</sup>: SESSIONS 7, 8 and 9

OCT 3<sup>rd</sup>: SESSIONS 10 AND 11 & CLOSING

OCT 4<sup>th</sup>: DEPARTURES





# VII COACHING SEMINAR FUENGIROLA 2015



## ACCOMMODATION

ROOM + FULL BOARD FARES

SINGLE ROOM: 75 EUR/per day

DOUBLE ROOM: 100 EUR/per day

TRIPLE ROOM: 135 EUR/per day

[www.hotel-laspalmeras.com](http://www.hotel-laspalmeras.com)



# VII COACHING SEMINAR FUENGIROLA 2015



## OFFICIAL ARRIVAL POINTS

**MALAGA "MARIA ZAMBRANO" TRAIN STATION**  
High speed train connection with Madrid, Barcelona, Valencia and Seville.

**MALAGA INTERNATIONAL AIRPORT**  
Regular flights from 85 airports in 22 countries all over the world.



# VII COACHING SEMINAR FUENGIROLA 2015



	9:00 - 10:30	11:00 - 12:30	14:30 - 15:45	16:00 - 17:15	17:30 - 18:45
1 Sep 30 <sup>th</sup>	<b>Opening</b> by WA Coach Chair P. COLMAIRE <b>Introduction of the host National Archery</b> by A. GALLARDO	<b>Development &amp; Coaching</b> + Questions WA Presentation by P. COLMAIRE	<b>Coach Experience / Preparation to Major Events</b> by Me Jeong LEE	<b>Training and athletes preparation</b> by J.C. HOLGADO	<b>Training and athletes prep</b> Continuation & Questions by J.C. HOLGADO
2 Oct 1 <sup>st</sup>	<b>Psychology in archery</b> by Maria MARTINEZ	<b>Psychology in archery</b> Continuation & Questions by M. MARTINEZ	<b>SIGHTSEEING</b>		
3 Oct 2 <sup>nd</sup>	<b>Physical preparation</b> by Ignacio LOPEZ	<b>Physical preparation</b> Continuation & Questions by I. LOPEZ	<b>Recurve Technique</b> by Hyungmok CHO	<b>Training: Target Panic</b> By LEE Kisik	<b>Training</b> Continuation & Questions By LEE Kisik
4 Oct 3 <sup>rd</sup>	<b>Compound Technique</b> by P.J. DELOCHE	<b>Compound Technique</b> Continuation & Questions by P.J. DELOCHE	<b>Archery rules</b> by Francisco Jose GIMENEZ	<b>Closing</b> by WA Coach Chair P. COLMAIRE	



# VII COACHING SEMINAR FUENGIROLA 2015



## KISIK LEE

Member of the WA Coaches Committee  
& USA Archery Head Coach.

### TOPIC:

TRAINING – TARGET PANIC



# VII COACHING SEMINAR FUENGIROLA 2015



## PIERRE JULIEN DELOCHE

Top Elite Compound Archer

World Archery ranked #1 since October '13

**TOPIC:**

COMPOUND TECHNIQUE

TOP  
LECTURERS





# VII COACHING SEMINAR FUENGIROLA 2015



## JUAN CARLOS HOLGADO

Olympic Games Development Projects &  
World Archery Excellence Center Director

### TOPIC:

TRAINING AND ATHLETES PREPARATION



TOP  
LECTURERS

# VII COACHING SEMINAR FUENGIROLA 2015



TOP  
LECTURERS



**PASCAL COLMAIRE**

World Archery Development &  
Education Director.

**TOPIC:**

**DEVELOPMENT & COACHING**



# VII COACHING SEMINAR FUENGIROLA 2015



TOP  
LECTURERS

## HYUNG MOK CHO

Spanish Archery Federation Recurve  
National Team Head Coach

**TOPIC:**  
RECURVE TECHNIQUE





# VII COACHING SEMINAR FUENGIROLA 2015



## MI JEONG LEE

Madrid Archery Federation Head Coach  
Awarded 2014 World Archery Best Coach

### TOPIC:

COACH EXPERIENCE

PREPARATION TO MAJOR EVENTS

TOP  
LECTURERS

# VII COACHING SEMINAR FUENGIROLA 2015



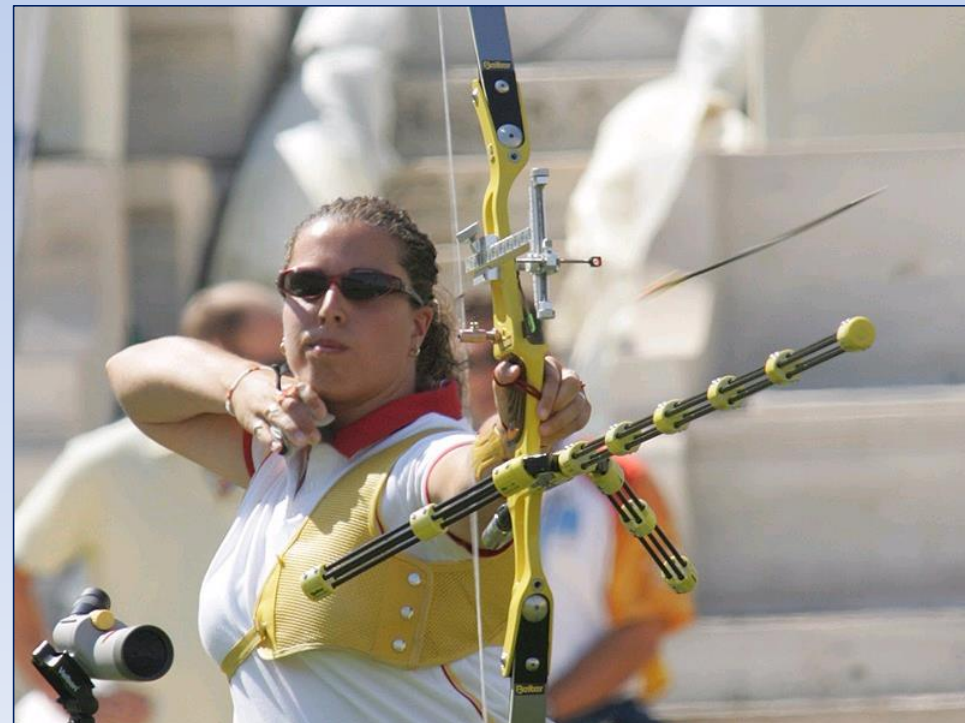
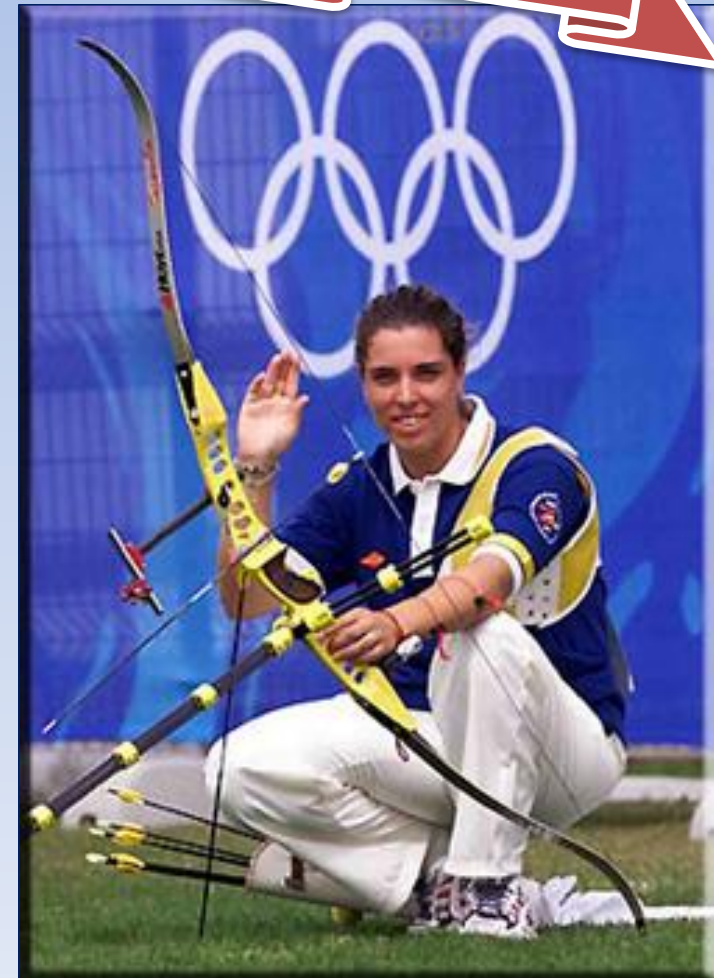
## ALMUDENA GALLARDO

Spanish Archery Federation Sports Manager

**TOPIC:**

**ARCHERY IN SPAIN**

TOP  
LECTURERS





# VII COACHING SEMINAR FUENGIROLA 2015



## IGNACIO LÓPEZ

Spanish Archery Federation  
Physiotherapist & Fitness Trainer.  
Doctor Cum Laude in Sports Medicine.

**TOPIC:**  
PHYSICAL PREPARATION



**TOP  
LECTURERS**





# VII COACHING SEMINAR FUENGIROLA 2015

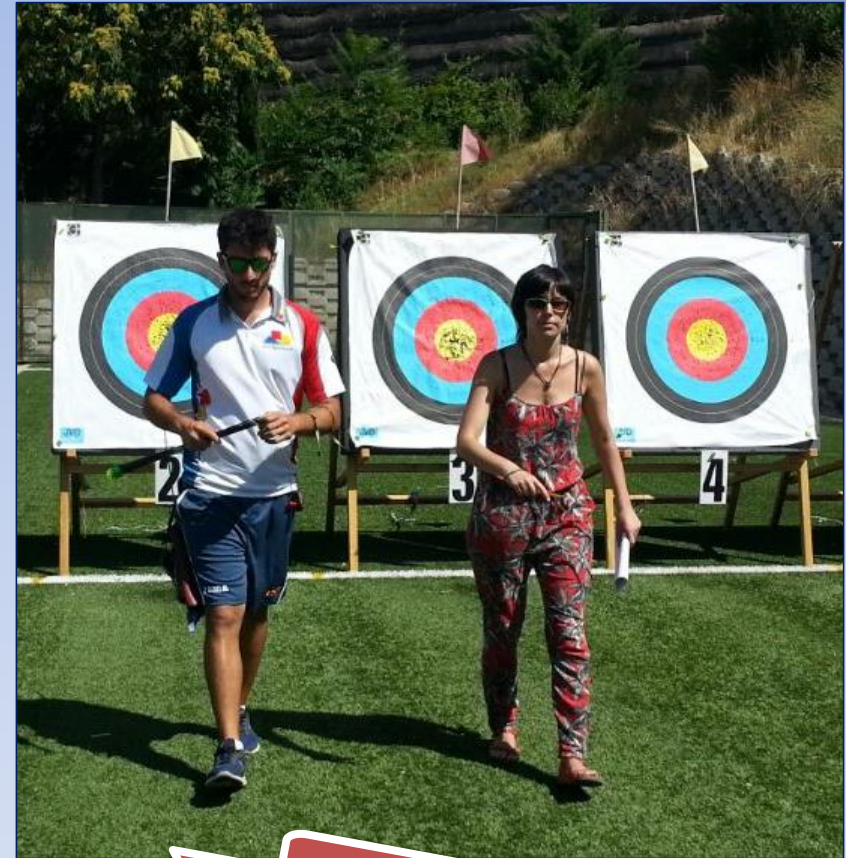


## MARÍA MARTÍNEZ

Spanish Archery Federation Psychologist  
Expert in Sports Psychology, Emotional  
Intelligence & Stress Control.

**TOPIC:**

**PSYCHOLOGY IN ARCHERY**



TOP  
LECTURERS

# VII COACHING SEMINAR FUENGIROLA 2015



## FRANCISCO JOSE GIMÉNEZ

World Archery Europe Judge

**TOPIC:**  
ARCHERY RULES

TOP  
LECTURERS





# VII COACHING SEMINAR FUENGIROLA 2015







# VII COACHING SEMINAR FUENGIROLA 2015



## REGISTRATIONS & MORE INFORMATION

### WORLD ARCHERY:

Deqa Niamkey (dniamkey@archery.org)

### LOCAL ORGANIZING COMMITTEE:

Rifaat Chabouk (+34 696 667 839 – coachingseminar2015@federarco.es)

**THANKS & SEE YOU IN FUENGIROLA!!**